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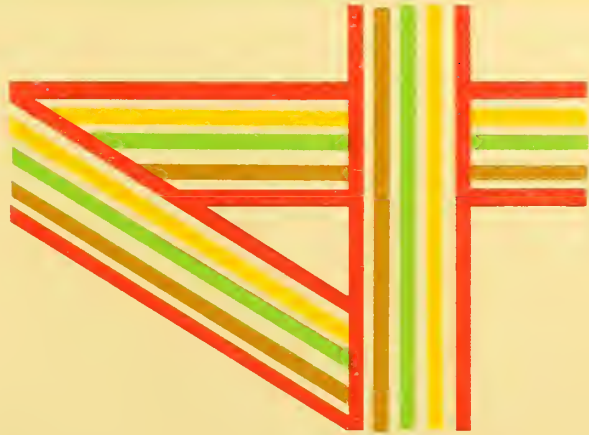


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The

# FOOD GROUPS for BETTER MEALS GAME



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## Instructions for "THE 4 FOOD GROUPS FOR BETTER MEALS GAME"

"The 4 Food Groups for Better Meals Game" is played similar to the game of Bingo, and is suitable for any age group. Players learn the four food groups as they play.

- I. The contents of the game include:
  - A. instruction sheet
  - B. sample filled-in game card
  - C. 25 game cards for players
  - D. sheet of call numbers
  - E. check sheet for the number caller
  - F. Daily Food Guide poster (FNS-13)
  - G. listing of some foods according to food groups
- II. Additional materials required for playing include:
  - A. pencil for each player
  - B. (optional) small prizes for winners. For example, vegetable or flower seeds, measuring spoons or cups, nutritious canned foods, a package of peanuts, etc. (For groups over 25, expect duplicate winners.)
- III. Before the game starts:
  - A. cut the numbers apart and put in a box. Mix them well.
  - B. Display the Daily Food Guide poster in sight of all players.
  - C. Pass out game cards.
- IV. Prepare the players:
  - A. Discuss the Daily Food Guide and foods that belong in each group. Also discuss foods that fall in the fifth "Other Foods" group. Let players practice naming foods until they seem to know what food belongs in what group. Players should list foods in the appropriate spaces at the bottom of the game card.
  - B. Now explain the game. When a *food group and number* is called, that matches the *food group and number* on the card, the player writes in the space the name of a food which belongs in that group.  
For example, when the food group and number "Milk 9" is called, the player might write "cottage cheese" in the space. The player must write a different food in each space, as the food group and number is called.
  - C. To win, the player must fill a row across, up-and-down, or on-the-diagonal. The winner calls out "Meals."
  - D. Cards can be used several times if players cross out or erase old entries.
- V. To play the game:
  - A. The caller draws numbers from the box one at a time, and calls them out to players; for example, "Milk 9", Bread-Cereal 64."
  - B. The caller places each called number in the matching space on the check sheet, and allows time for players to jot down the food name.
  - C. When a player calls out "Meals," stop the game.
  - D. The winning player must then call out the food group and number, and foods he wrote in each space. The caller should check to make sure that 1) each number used was actually called, 2) foods are in the right food groups, and 3) there is no duplication of food names on the winner's card. The game may continue for winners 2, 3, 4, etc., or award the prize to the first winner.

VI. Variations:

After the group has learned the four food groups, try some variation. Make foods written under the Meat Group represent only meat alternates (dry beans, peas; eggs; peanut butter; nuts; etc.); make foods written under the Vegetable-Fruit Group represent only vitamin A (or vitamin C) vegetables and/or fruits.

VII. Additional sets of "The 4 Food Groups for Better Meals Game" can be obtained from the Food and Nutrition Service, U.S. Department of Agriculture, Washington, D.C. 20250.

Nada Poole, Elizabeth E. Curtis, and Georgine Nolte had major responsibility for developing this game.

Request publication FNS - 122

Nutrition and Technical Services Staff  
Food and Nutrition Service  
U.S. DEPARTMENT OF AGRICULTURE

# The Food Groups for Better Meals Game

MILK	MEAT	VEGETABLE-FRUIT	BREAD-CEREAL	OTHER
17	liver 37	42	pancakes (en.) 72	94
buttermilk ✓ 4	kidney beans ✓ 36	O.J. ✓ 41	w.w. bread ✓ 64	syrup ✓ 96
5	SAMPLE SHEET		74	84
NFD milk 3	chicken 35	cantaloupe 48	80	sugar 91
Cott. Cheese 9	26	Tom. juice 49	71	honey 83

List several foods from group and "others"

Milk Group:

nonfat dry-  
skim  
buttermilk

cottage cheese  
ched. cheese  
ice cream  
chocolate milk

milk  
evaporated  
milk

Meat Group:

liver  
dry beans  
eggs

grd. beef  
tuna  
ham  
pork shoulder

sausage  
chicken  
lamb  
peanut butter

Vegetable-Fruit Group:

oranges  
orange juice - apples - carrots  
turnip greens, grapefruit  
collards - cantaloupe - broccoli

Bread-Cereal Group: macaroni enriched

rolled oats, corn bread - w.w. bread  
muffins, enriched white bread  
corn flakes, pancakes

Other Foods:

margarine - butter - cake - cookies - jam - syrup  
coffee - lard - sugar

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List

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# The Food Groups for Better Meals Game

MILK	MEAT	VEGETABLE-FRUIT	BREAD-CEREAL	OTHER
17	37	42	72	94
4	36	41	64	96
5	29	43	74	84
3	35	48	80	91
9	26	49	71	83

List several foods from group and "others"

Milk Group :

Meat Group :

Vegetable-Fruit Group :

Bread-Cereal Group :

Other Foods :

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# The Food Groups for Better Meals Game

MILK	MEAT	VEGETABLE-FRUIT	BREAD-CEREAL	OTHER
3	32	60	61	97
19	39	58	66	87
12	27	47	68	82
5	24	55	77	89
17	34	48	79	98

List several foods from group and "others"

Milk Group :

Meat Group :

Vegetable-Fruit Group :

Bread-Cereal Group :

Other Foods :





# The Food Groups for Better Meals Game

MILK	MEAT	VEGETABLE-FRUIT	BREAD-CEREAL	OTHER
6	24	41	67	100
16	30	42	69	81
17	39	53	65	96
4	23	51	62	89
20	22	52	72	87

List several foods from group and "others"

Milk Group :

Meat Group :

Vegetable-Fruit Group :

Bread-Cereal Group :

Other Foods :



# The Food Groups for Better Meals Game

MILK	MEAT	VEGETABLE-FRUIT	BREAD-CEREAL	OTHER
2	40	45	79	86
16	32	58	65	81
15	30	54	69	93
18	23	41	75	99
20	38	47	80	82

List several foods from group and "others"

Milk Group :

Meat Group :

Vegetable-Fruit Group :

Bread-Cereal Group :

Other Foods :





# The Food Groups for Better Meals Game

MILK	MEAT	VEGETABLE-FRUIT	BREAD-CEREAL	OTHER
13	28	59	61	92
11	39	47	66	95
4	24	57	78	85
20	26	54	72	91
17	22	48	69	99

List several foods from group and "others"

Milk Group :

Meat Group :

Vegetable-Fruit Group :

Bread-Cereal Group :

Other Foods :



# The Food Groups for Better Meals Game

MILK	MEAT	VEGETABLE-FRUIT	BREAD-CEREAL	OTHER
6	26	47	61	91
20	21	60	72	81
11	32	52	62	90
3	33	54	75	99
13	28	51	63	82

List several foods from group and "others"

Milk Group :

Meat Group :

Vegetable-Fruit Group :

Bread-Cereal Group :

Other Foods :





# The 4 Food Groups for Better Meals Game

MILK	MEAT	VEGETABLE-FRUIT	BREAD-CEREAL	OTHER
16	25	41	69	89
3	27	52	71	91
1	30	46	79	86
9	31	43	76	99
15	22	50	61	85

List several foods from group and "others"

Milk Group :

Meat Group :

Vegetable-Fruit Group :

Bread-Cereal Group :

Other Foods :



# The Food Groups for Better Meals Game

MILK	MEAT	VEGETABLE-FRUIT	BREAD-CEREAL	OTHER
4	33	42	62	82
3	27	59	64	99
16	23	55	61	89
15	26	53	69	95
11	25	58	70	83

List several foods from group and "others"

Milk Group :

Meat Group :

Vegetable-Fruit Group :

Bread-Cereal Group :

Other Foods :





# The Food Groups for Better Meals Game

MILK	MEAT	VEGETABLE-FRUIT	BREAD-CEREAL	OTHER
16	26	60	80	92
10	36	53	66	88
2	28	50	73	90
15	33	51	76	87
20	21	49	75	100

List several foods from group and "others"

Milk Group :

Meat Group :

Vegetable-Fruit Group :

Bread-Cereal Group :

Other Foods :



# The Food Groups for Better Meals Game

MILK	MEAT	VEGETABLE-FRUIT	BREAD-CEREAL	OTHER
9	39	56	80	93
6	23	51	77	84
5	21	45	76	95
20	24	55	64	85
18	28	42	74	86

List several foods from group and "others"

Milk Group :

Meat Group :

Vegetable-Fruit Group :

Bread-Cereal Group :

Other Foods :





# The Food Groups for Better Meals Game

MILK	MEAT	VEGETABLE-FRUIT	BREAD-CEREAL	OTHER
16	26	57	74	94
20	25	51	62	79
13	30	52	72	89
9	35	46	66	92
11	40	58	64	84

List several foods from group and "others"

Milk Group :

Meat Group :

Vegetable-Fruit Group :

Bread-Cereal Group :

Other Foods :



# The Food Groups for Better Meals Game

MILK	MEAT	VEGETABLE-FRUIT	BREAD-CEREAL	OTHER
4	28	49	75	83
16	33	41	66	90
12	37	48	78	97
3	27	59	68	93
7	36	53	64	99

List several foods from group and "others"

Milk Group :

Meat Group :

Vegetable-Fruit Group :

Bread-Cereal Group :

Other Foods :





# The Food Groups for Better Meals Game

MILK	MEAT	VEGETABLE-FRUIT	BREAD-CEREAL	OTHER
5	22	53	69	84
16	34	59	63	98
17	39	50	67	97
9	25	55	75	100
11	30	42	64	95

List several foods from group and "others"

Milk Group :

Meat Group :

Vegetable-Fruit Group :

Bread-Cereal Group :

Other Foods :



# The Food Groups for Better Meals Game

MILK	MEAT	VEGETABLE-FRUIT	BREAD-CEREAL	OTHER
20	34	55	71	97
18	26	44	74	86
6	36	51	69	87
8	35	50	73	99
10	32	60	65	82

List several foods from group and "others"

Milk Group :

Meat Group :

Vegetable-Fruit Group :

Bread-Cereal Group :

Other Foods :





# The Food Groups for Better Meals Game

MILK	MEAT	VEGETABLE-FRUIT	BREAD-CEREAL	OTHER
8	32	48	70	89
5	28	42	69	82
1	31	56	74	86
17	35	45	72	85
4	24	58	65	97

List several foods from group and "others"

Milk Group :

Meat Group :

Vegetable-Fruit Group :

Bread-Cereal Group :

Other Foods :



# The 4 Food Groups for Better Meals Game

MILK	MEAT	VEGETABLE-FRUIT	BREAD-CEREAL	OTHER
7	35	46	66	81
3	34	44	63	82
16	30	43	77	88
9	22	50	65	97
8	27	51	68	89

List several foods from group and "others"

Milk Group :

Meat Group :

Vegetable-Fruit Group :

Bread-Cereal Group :

Other Foods :





# The Food Groups for Better Meals Game

MILK	MEAT	VEGETABLE-FRUIT	BREAD-CEREAL	OTHER
11	36	43	61	81
8	23	56	63	82
12	24	50	77	83
6	22	45	74	94
9	34	59	65	95

List several foods from group and "others"

Milk Group :

Meat Group :

Vegetable-Fruit Group :

Bread-Cereal Group :

Other Foods :



# The Food Groups for Better Meals Game

MILK	MEAT	VEGETABLE-FRUIT	BREAD-CEREAL	OTHER
3	31	54	63	94
7	24	49	67	92
13	38	59	80	97
9	39	50	78	91
2	40	43	62	93

List several foods from group and "others"

Milk Group :

Meat Group :

Vegetable-Fruit Group :

Bread-Cereal Group :

Other Foods :





# The Food Groups for Better Meals Game

MILK	MEAT	VEGETABLE-FRUIT	BREAD-CEREAL	OTHER
19	31	42	79	88
14	25	60	61	91
7	28	58	67	99
5	26	57	74	83
8	30	53	69	98

List several foods from group and "others"

Milk Group :

Meat Group :

Vegetable-Fruit Group :

Bread-Cereal Group :

Other Foods :



# The Food Groups for Better Meals Game

MILK	MEAT	VEGETABLE-FRUIT	BREAD-CEREAL	OTHER
4	25	50	80	81
7	37	55	72	85
2	40	56	70	89
15	27	43	61	97
9	29	52	67	95

List several foods from group and "others"

Milk Group:

Meat Group:

Vegetable-Fruit Group:

Bread-Cereal Group:

Other Foods:





# The Food Groups for Better Meals Game

MILK	MEAT	VEGETABLE-FRUIT	BREAD-CEREAL	OTHER
20	38	48	65	99
18	37	46	67	89
12	28	43	70	93
13	27	50	63	82
11	31	42	74	85

List several foods from group and "others"

Milk Group :

Meat Group :

Vegetable-Fruit Group :

Bread-Cereal Group :

Other Foods :



# The Food Groups for Better Meals Game

MILK	MEAT	VEGETABLE-FRUIT	BREAD-CEREAL	OTHER
12	27	54	64	81
15	35	55	75	93
1	30	52	80	88
18	38	60	67	86
10	40	58	73	91

List several foods from group and "others"

Milk Group :

Meat Group :

Vegetable-Fruit Group :

Bread-Cereal Group :

Other Foods :





# The Food Groups for Better Meals Game

MILK	MEAT	VEGETABLE-FRUIT	BREAD-CEREAL	OTHER
5	30	56	63	96
15	39	43	61	84
20	24	54	71	82
11	31	48	72	86
16	40	42	74	99

List several foods from group and "others"

Milk Group :

Meat Group :

Vegetable-Fruit Group :

Bread-Cereal Group :

Other Foods :



# The Food Groups for Better Meals Game

MILK	MEAT	VEGETABLE-FRUIT	BREAD-CEREAL	OTHER
12	21	42	67	89
20	39	56	79	88
5	32	48	78	95
10	28	55	72	98
13	36	52	75	86

List several foods from group and "others"

Milk Group :

Meat Group :

Vegetable-Fruit Group :

Bread-Cereal Group :

Other Foods :





# The Food Groups for Better Meals Game

MILK	MEAT	VEGETABLE-FRUIT	BREAD-CEREAL	OTHER
17	21	47	77	97
11	22	49	71	88
18	32	53	69	90
5	30	48	62	81
16	31	42	65	98

List several foods from group and "others"

Milk Group :

Meat Group :

Vegetable-Fruit Group :

Bread-Cereal Group :

Other Foods :



# SOME FOODS ACCORDING TO FOOD GROUPS

## MILK GROUP

Whole Milk	Dry Milk
Evaporated Milk	Skim Milk
Cheddar Cheese	Cream Cheese
Swiss Cheese	Blue Cheese
Buttermilk	Ice Milk
Ice Cream	Coffee Cream

## FRUIT-VEGETABLE GROUP

Asparagus	Apple
Beets	Apple Juice
Broccoli	Apricots
Brussels Sprouts	Banana
Cabbage	Blueberries
Carrots	Cantaloup
Cauliflower	Cherries
Celery	Dates
Collard Greens	Figs
Corn	Grapefruit
Cress	Grapefruit Juice
Eggplant	Grapes
Green Beans	Honeydew Melon
Green Peas	Lemon Juice
Green Pepper	Lemons
Kale	Limes
Lettuce	Mangos
Lima Beans	Nectarines
Mushrooms	Orange Juice
Onions	Oranges
Parsley	Papaya
Potatoes	Peaches
Pumpkin	Pears
Rutabaga	Persimmons
Sauerkraut	Pineapple
Spinach	Pineapple Juice
Sweet Potatoes	Plums
Swiss Chard	Prune Juice
Tomato Juice	Prunes
Tomatoes	Raisins
Turnip Greens	Raspberries
Turnips	Rhubarb
Watercress	Strawberries
Wax Beans	Tangelo
Zucchini Squash	Tangerines
	Watermelon

## MEAT GROUP

Beef	Ground Beef
Lamb	Stewing Lamb
Pork	Pork Chops
Veal	Veal Chops
Fish	Salmon
Chicken	Tuna
Duck	Shrimp
Turkey	Oysters
Ham	Kidney
Liver	Sausage
Frankfurter	Salami
Goose	Bologna
Liverwurst	Sardines
Dry Beans	Dry Peas
Peanut Butter	Eggs

## BREAD-CEREAL GROUP (Whole Grain or Enriched)

Biscuits	Corn Grits
Boston Brown Bread	Hominy
Cornbread	Macaroni
Muffins	Noodles
Pancakes	Oatmeal
Raisin Bread	Ready-to-eat Cereal
Rolls	Rice
Rye Bread	Rolled Oats
Waffles	Rolled Wheat
White Bread	Spaghetti
Whole Wheat Bread	
Crackers	

## OTHER FOODS

Butter	Margarine
Cake	Marmalade
Candy	Mayonnaise
Cooky	Molasses
Corn Chips	Olive Oil
Honey	Pickle
Jam	Potato Chips
Jelly	Preserves
	Sirup





# MUSTER SHEET

MILK		MEAT		VEGETABLE-FRUIT		BREAD-CEREAL		OTHER	
1	11	21	31	41	51	61	71	81	91
2	12	22	32	42	52	62	72	82	92
3	13	23	33	43	53	63	73	83	93
4	14	24	34	44	54	64	74	84	94
5	15	25	35	45	55	65	75	85	95
6	16	26	36	46	56	66	76	86	96
7	17	27	37	47	57	67	77	87	97
8	18	28	38	48	58	68	78	88	98
9	19	29	39	49	59	69	79	89	99
10	20	30	40	50	60	70	80	90	100

# MUSTER SHEET





MILK	MILK	MILK	MILK	MILK	MILK	MILK	MILK	MILK
1	2	3	4	5	6	7	8	9
MILK	MILK	MILK	MILK	MILK	MILK	MILK	MILK	MILK
10	11	12	13	14	15	16	17	18
MILK	MILK	MEAT	MEAT	MEAT	MEAT	MEAT	MEAT	MEAT
19	20	21	22	23	24	25	26	27
MEAT	MEAT	MEAT	MEAT	MEAT	MEAT	MEAT	MEAT	MEAT
28	29	30	31	32	33	34	35	36
MEAT	MEAT	MEAT	MEAT	VEG / FR	VEG / FR	VEG / FR	VEG / FR	VEG / FR
37	38	39	40	41	42	43	44	45
VEG / FR	VEG / FR	VEG / FR	VEG / FR	VEG / FR	VEG / FR	VEG / FR	VEG / FR	VEG / FR
46	47	48	49	50	51	52	53	54
VEG / FR	VEG / FR	VEG / FR	VEG / FR	VEG / FR	VEG / FR	BR / CR	BR / CR	BR / CR
55	56	57	58	59	60	61	62	63
BR / CR	BR / CR	BR / CR	BR / CR	BR / CR	BR / CR	BR / CR	BR / CR	BR / CR
64	65	66	67	68	69	70	71	72
BR / CR	BR / CR	BR / CR	BR / CR	BR / CR	BR / CR	BR / CR	BR / CR	OTHER
73	74	75	76	77	78	79	80	81
OTHER	OTHER	OTHER	OTHER	OTHER	OTHER	OTHER	OTHER	OTHER
82	83	84	85	86	87	88	89	90
OTHER	OTHER	OTHER	OTHER	OTHER	OTHER	OTHER	OTHER	OTHER
91	92	93	94	95	96	97	98	99
OTHER								
100								

